



FRG

Pre-Deployment

Brief



What is an FRG / Mission Statement



- **A Family Readiness Group (FRG) is an organization of family members, volunteers, and soldiers belonging to a unit, that together provide an avenue of mutual support and assistance, and a network of communications among the family members, the chain of command, and community resources“; PAM 608-47**
- **204 MI BN (AR) FRG supports family members and Soldiers by providing assistance, communication, and mutual support in order to BETTER take care of our families and enhance quality of life.**



Separations: What to Expect



- **Emotion and Behavior**
 - Must learn to deal with stages of separation (denial, anger, bargaining, and depression)
- **Reaction to Change**
 - There will be unexpected, both negative and positive information flow...
- **Roles and Responsibilities**
 - There will be changes in roles of individuals, as well as their responsibilities...don't expect them to do things YOUR way!
- **Economics**
 - There will be an economic change because the Soldier is deployed
- **Communications**
 - Mission, resources, time, and distance affect when and how often your Soldier can communicate



Family Preparation



- **Personal Matters**
 - Ensure Family Care plans and ID cards for your family
 - Ensure S-1 has accurate address, phone, family info; ensure FRG leaders have accurate phone or email addresses for contact
- **Financial Matters**
 - Ensure you have a family budget, confirm insurance policies
 - Ensure arrangements are made for bill paying
- **Legal Matters**
 - Ensure Wills and Power of Attorney (POA) are updated
 - Ensure you know the location of important family documents Economics
- **Practical Matters**
 - Check safety items in the home (smoke detectors, appliances, etc)
 - Check and inspect Automobile
 - Ensure list of emergency numbers is posted (police, fire, chaplain, unit, doctor, neighbors)



Summary



- Remember that your significant other is performing an important mission in support of the Global War on Terrorism; they are on point for our Nation and to a degree in harms way.
- The Chain of Command and the FRG are here to provide assistance, communication, and mutual support in order to BETTER take care of you and enhance your quality of life
- If the Soldier's family is not happy, then the Soldier is not happy. We want happy Soldiers and Families!